

Meal Plan - 3100 calorie intermittent fasting meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on
<https://www.strongrfastr.com>

Day 1

3076 cals ● 220g protein (29%) ● 136g fat (40%) ● 197g carbs (26%) ● 45g fiber (6%)

Lunch

1585 cals, 130g protein, 98g net carbs, 68g fat



[Turkey sandwich with mustard](#)
3 1/2 sandwich(es)- 1587 cals

Dinner

1490 cals, 90g protein, 99g net carbs, 68g fat



[Avocado tuna salad stuffed pepper](#)
4 half pepper(s)- 911 cals



[Tomato and avocado salad](#)
235 cals



[Fruit juice](#)
3 cup(s)- 344 cals

Day 2

3073 cals ● 206g protein (27%) ● 99g fat (29%) ● 278g carbs (36%) ● 62g fiber (8%)

Lunch

1565 cals, 74g protein, 118g net carbs, 77g fat



[Roast beef wrap](#)
2 wrap(s)- 807 cals



[Roasted rosemary sweet potatoes](#)
525 cals



[Tomato and avocado salad](#)
235 cals

Dinner

1505 cals, 132g protein, 160g net carbs, 22g fat



[Bbq chicken stuffed sweet potatoes](#)
2 potato(es)- 1039 cals



[Easy chickpea salad](#)
467 cals

Day 3

3039 cals ● 210g protein (28%) ● 87g fat (26%) ● 284g carbs (37%) ● 72g fiber (9%)

Lunch

1535 cals, 77g protein, 124g net carbs, 65g fat



[Avocado tuna salad sandwich](#)
2 1/2 sandwich(es)- 925 cals



[Tomato and avocado salad](#)
235 cals



[Mashed sweet potatoes with butter](#)
374 cals

Dinner

1505 cals, 132g protein, 160g net carbs, 22g fat



[Bbq chicken stuffed sweet potatoes](#)
2 potato(es)- 1039 cals



[Easy chickpea salad](#)
467 cals

Day 4

3088 cals ● 202g protein (26%) ● 149g fat (44%) ● 183g carbs (24%) ● 52g fiber (7%)

Lunch

1535 cals, 77g protein, 124g net carbs, 65g fat



Avocado tuna salad sandwich
2 1/2 sandwich(es)- 925 cals



Tomato and avocado salad
235 cals



Mashed sweet potatoes with butter
374 cals

Dinner

1555 cals, 125g protein, 59g net carbs, 84g fat



Simple mixed greens salad
271 cals



Pesto chicken & quinoa stuffed peppers
7 half pepper(s)- 1283 cals

Day 5

3061 cals ● 202g protein (26%) ● 193g fat (57%) ● 85g carbs (11%) ● 43g fiber (6%)

Lunch

1505 cals, 77g protein, 26g net carbs, 109g fat



Garlic collard greens
478 cals



Italian sausage
4 link- 1028 cals

Dinner

1555 cals, 125g protein, 59g net carbs, 84g fat



Simple mixed greens salad
271 cals



Pesto chicken & quinoa stuffed peppers
7 half pepper(s)- 1283 cals

Day 6

3092 cals ● 270g protein (35%) ● 144g fat (42%) ● 121g carbs (16%) ● 57g fiber (7%)

Lunch

1505 cals, 134g protein, 73g net carbs, 56g fat



Garlic collard greens
597 cals



Mashed sweet potatoes
275 cals



Balsamic chicken breast
16 oz- 631 cals

Dinner

1590 cals, 137g protein, 49g net carbs, 88g fat



Roasted rosemary sweet potatoes
263 cals



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Ranch chicken
20 oz- 1151 cals

Day 7

3092 cals ● 270g protein (35%) ● 144g fat (42%) ● 121g carbs (16%) ● 57g fiber (7%)

Lunch

1505 cals, 134g protein, 73g net carbs, 56g fat



Garlic collard greens
597 cals



Mashed sweet potatoes
275 cals



Balsamic chicken breast
16 oz- 631 cals

Dinner

1590 cals, 137g protein, 49g net carbs, 88g fat



Roasted rosemary sweet potatoes
263 cals



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Ranch chicken
20 oz- 1151 cals

Finfish and Shellfish Products

- ☐ canned tuna
4 1/2 can (774g)

Fruits and Fruit Juices

- ☐ avocados
4 1/4 avocado(s) (854g)
- ☐ lime juice
2 2/3 fl oz (83mL)
- ☐ fruit juice
24 fl oz (720mL)

Spices and Herbs

- ☐ salt
1 oz (27g)
- ☐ black pepper
1/4 oz (7g)
- ☐ garlic powder
1 tsp (3g)
- ☐ dijon mustard
3 1/2 tsp (18g)
- ☐ balsamic vinegar
2 tbsp (30mL)
- ☐ mustard
2 tsp (10g)
- ☐ rosemary, dried
5 tsp (6g)

Vegetables and Vegetable Products

- ☐ bell pepper
7 large (1161g)
- ☐ onion
2 medium (2-1/2" dia) (209g)
- ☐ tomatoes
5 3/4 medium whole (2-3/5" dia) (711g)
- ☐ romaine lettuce
1/8 head (77g)
- ☐ sweet potatoes
13 1/3 sweetpotato, 5" long (2800g)
- ☐ fresh parsley
6 sprigs (6g)
- ☐ collard greens
5 1/4 lbs (2381g)
- ☐ garlic
15 3/4 clove(s) (47g)
- ☐ frozen broccoli
5 cup (455g)

Baked Products

- ☐ bread
17 slice (544g)
- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Dairy and Egg Products

- ☐ sliced cheese
1/2 lbs (203g)
- ☐ butter
2 tbsp (27g)
- ☐ mozzarella cheese, shredded
1 3/4 cup (151g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
14 oz (397g)
- ☐ roast beef cold cuts
1/2 lbs (227g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
2/3 cup (190g)
- ☐ apple cider vinegar
2 tbsp (2mL)
- ☐ pesto sauce
1 1/6 jar (6.25 oz) (207g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 1/3 lbs (3717g)

Legumes and Legume Products

- ☐ chickpeas, canned
2 can (896g)

Other

- ☐ mixed greens
12 cup (360g)
- ☐ Italian pork sausage, raw
4 link (430g)
- ☐ ranch dressing mix
1 1/4 packet (1 oz) (35g)
- ☐ italian seasoning
1 tsp (4g)

Fats and Oils

- ☐ olive oil
3 oz (90mL)
 - ☐ salad dressing
3/4 cup (180mL)
 - ☐ oil
1/4 lbs (135mL)
 - ☐ ranch dressing
10 tbsp (150mL)
 - ☐ balsamic vinaigrette
1/2 cup (120mL)
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Cereal Grains and Pasta

- ☐ quinoa, uncooked
6 1/4 tbsp (66g)

Lunch 1 [↗](#)

Eat on day 1

Turkey sandwich with mustard

3 1/2 sandwich(es) - 1587 cals ● 130g protein ● 68g fat ● 98g carbs ● 16g fiber



Makes 3 1/2 sandwich(es)

dijon mustard

3 1/2 tsp (18g)

romaine lettuce

3 1/2 leaf inner (21g)

tomatoes

7 slice(s), thin/small (105g)

bread

7 slice (224g)

sliced cheese

7 slice (3/4 oz ea) (147g)

turkey cold cuts

14 oz (397g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.

Lunch 2 [↗](#)

Eat on day 2

Roast beef wrap

2 wrap(s) - 807 cals ● 65g protein ● 36g fat ● 50g carbs ● 6g fiber



Makes 2 wrap(s)

sliced cheese

2 slice (1 oz ea) (56g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

roast beef cold cuts

1/2 lbs (227g)

mustard

2 tsp (10g)

romaine lettuce

2 leaf outer (56g)

tomatoes, diced

1 plum tomato (62g)

1. Build the wrap to your liking. Serve.

Roasted rosemary sweet potatoes

525 cals ● 6g protein ● 23g fat ● 61g carbs ● 12g fiber



sweet potatoes, cut into 1" cubes
1 2/3 sweetpotato, 5" long (350g)
rosemary, dried
2 1/2 tsp (3g)
olive oil
5 tsp (25mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
 2. Meanwhile, prepare the avocado and tomato.
 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
 4. Serve chilled.
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Lunch 3 [🔗](#)

Eat on day 3, day 4

Avocado tuna salad sandwich

2 1/2 sandwich(es) - 925 cals ● 69g protein ● 36g fat ● 63g carbs ● 19g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
lime juice
1 1/4 tsp (6mL)
avocados
5/8 avocado(s) (126g)
canned tuna, drained
1 1/4 can (215g)
bread
5 slice (160g)
onion, minced
1/3 small (22g)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
lime juice
2 1/2 tsp (13mL)
avocados
1 1/4 avocado(s) (251g)
canned tuna, drained
2 1/2 can (430g)
bread
10 slice (320g)
onion, minced
5/8 small (44g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



For single meal:

butter

1 tbsp (14g)

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

butter

2 tbsp (27g)

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Lunch 4 [🔗](#)

Eat on day 5

Garlic collard greens

478 cals ● 21g protein ● 25g fat ● 14g carbs ● 28g fiber



collard greens

1 1/2 lbs (680g)

oil

1 1/2 tbsp (23mL)

garlic, minced

4 1/2 clove(s) (14g)

salt

3 dash (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Italian sausage

4 link - 1028 cals ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



Makes 4 link

Italian pork sausage, raw
4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Garlic collard greens

597 cals ● 27g protein ● 32g fat ● 17g carbs ● 35g fiber



For single meal:

collard greens
30 oz (851g)
oil
2 tbsp (28mL)
garlic, minced
5 1/2 clove(s) (17g)
salt
1/2 tsp (3g)

For all 2 meals:

collard greens
3 3/4 lbs (1701g)
oil
1/4 cup (56mL)
garlic, minced
11 1/4 clove(s) (34g)
salt
1 tsp (6g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Balsamic chicken breast

16 oz - 631 cal● 102g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

balsamic vinaigrette

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (454g)

For all 2 meals:

italian seasoning

1 tsp (4g)

oil

4 tsp (20mL)

balsamic vinaigrette

1/2 cup (120mL)

boneless skinless chicken breast, raw

2 lbs (907g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
 2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.
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Dinner 1 [🔗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



Makes 4 half pepper(s)

canned tuna, drained

2 can (344g)

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Fruit juice

3 cup(s) - 344 cals ● 5g protein ● 2g fat ● 76g carbs ● 2g fiber



Makes 3 cup(s)

fruit juice

24 fl oz (720mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2, day 3

Bbq chicken stuffed sweet potatoes

2 potato(es) - 1039 cals ● 108g protein ● 13g fat ● 110g carbs ● 13g fiber



For single meal:

sweet potatoes, halved

2 sweetpotato, 5" long (420g)

barbecue sauce

1/3 cup (95g)

boneless skinless chicken breast, raw

1 lbs (448g)

For all 2 meals:

sweet potatoes, halved

4 sweetpotato, 5" long (840g)

barbecue sauce

2/3 cup (190g)

boneless skinless chicken breast, raw

2 lbs (896g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

fresh parsley, chopped

3 sprigs (3g)

apple cider vinegar

1 tbsp (1mL)

balsamic vinegar

1 tbsp (15mL)

tomatoes, halved

1 cup cherry tomatoes (149g)

onion, thinly sliced

1/2 small (35g)

chickpeas, canned, drained and rinsed

1 can (448g)

For all 2 meals:

fresh parsley, chopped

6 sprigs (6g)

apple cider vinegar

2 tbsp (2mL)

balsamic vinegar

2 tbsp (30mL)

tomatoes, halved

2 cup cherry tomatoes (298g)

onion, thinly sliced

1 small (70g)

chickpeas, canned, drained and rinsed

2 can (896g)

1. Add all ingredients to a bowl and toss. Serve!
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Dinner 3 [🔗](#)

Eat on day 4, day 5

Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



For single meal:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

For all 2 meals:

mixed greens
12 cup (360g)
salad dressing
3/4 cup (180mL)

1. Mix greens and dressing in a small bowl. Serve.

Pesto chicken & quinoa stuffed peppers

7 half pepper(s) - 1283 cals ● 120g protein ● 65g fat ● 42g carbs ● 12g fiber



For single meal:

bell pepper
3 1/2 medium (416g)
mozzarella cheese, shredded
14 tbsp (75g)
pesto sauce
5/8 jar (6.25 oz) (103g)
quinoa, uncooked
3 tbsp (33g)
boneless skinless chicken breast, raw
14 oz (397g)

For all 2 meals:

bell pepper
7 medium (833g)
mozzarella cheese, shredded
1 3/4 cup (151g)
pesto sauce
1 1/6 jar (6.25 oz) (207g)
quinoa, uncooked
6 1/4 tbsp (66g)
boneless skinless chicken breast, raw
1 3/4 lbs (794g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
5. Preheat oven to 350 F (180 C).
6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
7. When peppers have cooled, cut in half and remove seeds.
8. Fill pepper halves with chicken mixture and top with cheese.
9. Bake for 10 minutes. Serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Roasted rosemary sweet potatoes

263 cals ● 3g protein ● 12g fat ● 31g carbs ● 6g fiber



For single meal:

sweet potatoes, cut into 1" cubes

5/6 sweetpotato, 5" long (175g)

rosemary, dried

1 1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

salt

3 1/3 dash (3g)

black pepper

3 1/3 dash, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes

1 2/3 sweetpotato, 5" long (350g)

rosemary, dried

2 1/2 tsp (3g)

olive oil

5 tsp (25mL)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

frozen broccoli

5 cup (455g)

olive oil

5 tsp (25mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Ranch chicken

20 oz - 1151 cals ● 127g protein ● 66g fat ● 13g carbs ● 0g fiber



For single meal:

ranch dressing mix

5/8 packet (1 oz) (18g)

oil

1 1/4 tbsp (19mL)

**boneless skinless chicken breast,
raw**

1 1/4 lbs (560g)

ranch dressing

5 tbsp (75mL)

For all 2 meals:

ranch dressing mix

1 1/4 packet (1 oz) (35g)

oil

2 1/2 tbsp (38mL)

**boneless skinless chicken breast,
raw**

2 1/2 lbs (1120g)

ranch dressing

10 tbsp (150mL)

1. Preheat oven to 350 F (180 C).
 2. Spread oil evenly over all chicken.
 3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
 4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
 5. Serve with a side of ranch dressing.
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